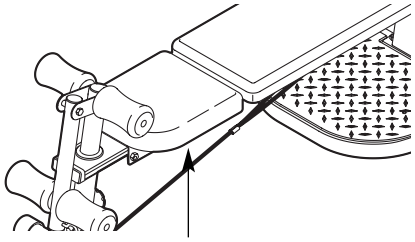
Model No. WECCSY53931
Serial No. _____

Write the serial number in the space above for future reference.



Serial Number Decal (under seat)

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, please call:

1-888-936-4266

Mon.–Fri. 8h00 until 18h30 EST (excluding holidays).

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

CROSS BOW™

by WEIDER

ADVANTAGE

USER'S MANUAL

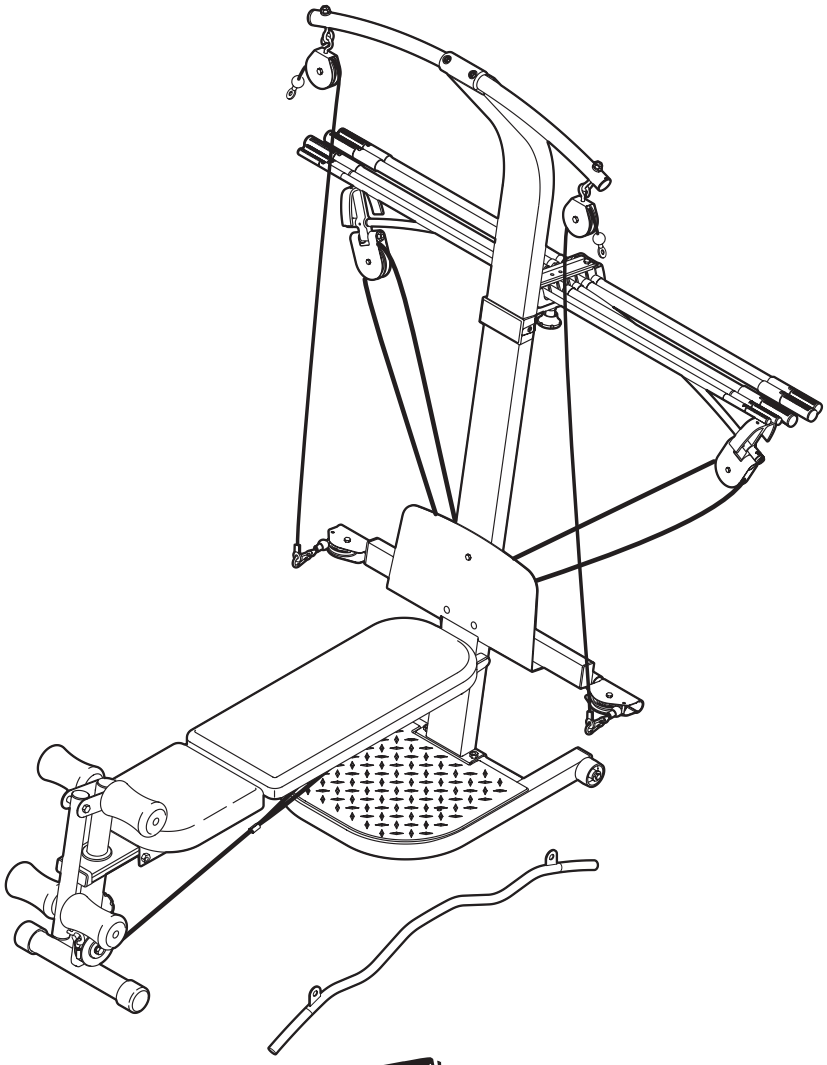


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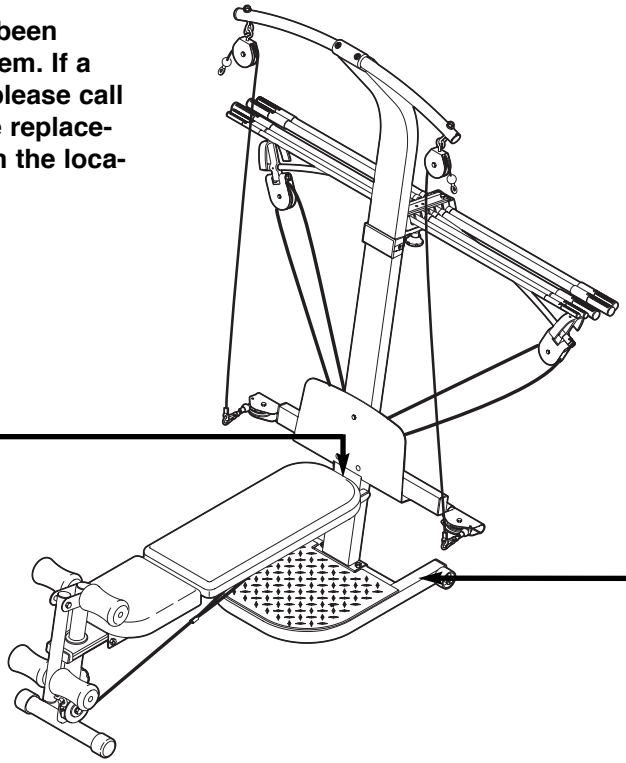
TABLE OF CONTENTS

WARNING DECAL PLACEMENT 2
IMPORTANT PRECAUTIONS 3
BEFORE YOU BEGIN 4
ASSEMBLY 5
ADJUSTMENTS 13
CABLE DIAGRAM 16
EXERCISE GUIDELINES 17
ORDERING REPLACEMENT PARTS . . . . . .Back Cover
WARRANTY . . . . . Back Cover

Note: A PART IDENTIFICATION CHART and a PART LIST/EXPLODED DRAWING are attached in the center of this manual. Remove the PART IDENTIFICATION CHART and PART LIST/EXPLODED DRAWING before beginning assembly.

WARNING DECAL PLACEMENT

The decals shown here have been placed on the resistance system. If a decal is missing or illegible, please call 1-888-936-4266 to order a free replacement decal. Apply the decal in the location shown.



WARNING

Keep hands and fingers clear of this area.

ATTENTION

Gardez vos mains et vos doigts éloignés de cet endroit.

WARNING

- Misuse of this product may result in serious injury.
- Read user's manual and follow all warnings and operating instructions prior to use.
- Do not allow children on or around machine.
- Replace label if damaged, illegible, or removed.

ATTENTION

- Un mauvais usage de ce produit peut causer de sérieuses blessures.
- Lisez le livret d'instructions et suivez les conseils de sécurité importants.
- Gardez les enfants éloignés en tout temps.
- Remplacer l'étiquette si celle-ci est endommagée, illisible ou enlevée.

CrossBow by WEIDER is a trademark of ICON Health & Fitness, Inc.

IMPORTANT PRECAUTIONS

⚠WARNING: To reduce the risk of serious injury, read the following important precautions before using the resistance system.

1. **Read all instructions in this manual before using the resistance system. Use the resistance system only as described in this manual.**
2. **It is the responsibility of the owner to ensure that all users of the resistance system are adequately informed of all precautions.**
3. **The resistance system is intended for home use only. Do not use the resistance system in any commercial, rental, or institutional setting.**
4. **Use the resistance system only on a level surface. Cover the floor beneath the resistance system to protect the floor.**
5. **Make sure that all parts are properly tightened each time you use the resistance system. Replace any worn parts immediately.**
6. **Keep children under 12 and pets away from the resistance system at all times.**
7. **Keep hands and feet away from moving parts.**
8. **Always wear athletic shoes for foot protection while exercising.**
9. **The lat tower crossbar is not designed to be used for pull-up exercises. Do not hang on the crossbar.**
10. **The resistance system is designed to support a maximum user weight of 135 kg (300 lbs).**
11. **Pull on the low pulley cable only while sitting on the bench or standing on the base plate. Pull on the high pulley cables only while sitting on the bench, with the seat in one of the three positions closest to the upright base, or while standing on the base plate.**
12. **The resistance system is designed to be used with the included resistance, and the resistance included with a CrossBow by WEIDER™ Power Pak. Do not use the resistance system with any other type of resistance.**
13. **When adding resistance, both ends of the crossbows must rest under the two "U"-channels. Add and remove crossbows from the "U"-channels one crossbow at a time.**
14. **Keep clear of the area around the "U"-channels while the resistance system is in use. Do not add or remove crossbows from the "U"-channels while the end of the long cable is pulled out.**
15. **Always adjust the crossbow assembly to the horizontal position and make sure the fulcrum knob is secure before using the resistance system.**
16. **Make sure the rings on the crossbows are pushed against the crossbow spacer before using the resistance system.**
17. **Always disconnect the lat bar from the short cables when performing an exercise that does not require it.**
18. **Make sure the storage knob is in place and fully tightened each time you use the resistance system.**
19. **Make sure that the cables remain on the pulleys at all times. If the cables bind as you are exercising, stop immediately and make sure that the cables are on the pulleys.**
20. **If you feel pain or dizziness while exercising, stop immediately and begin cooling down.**

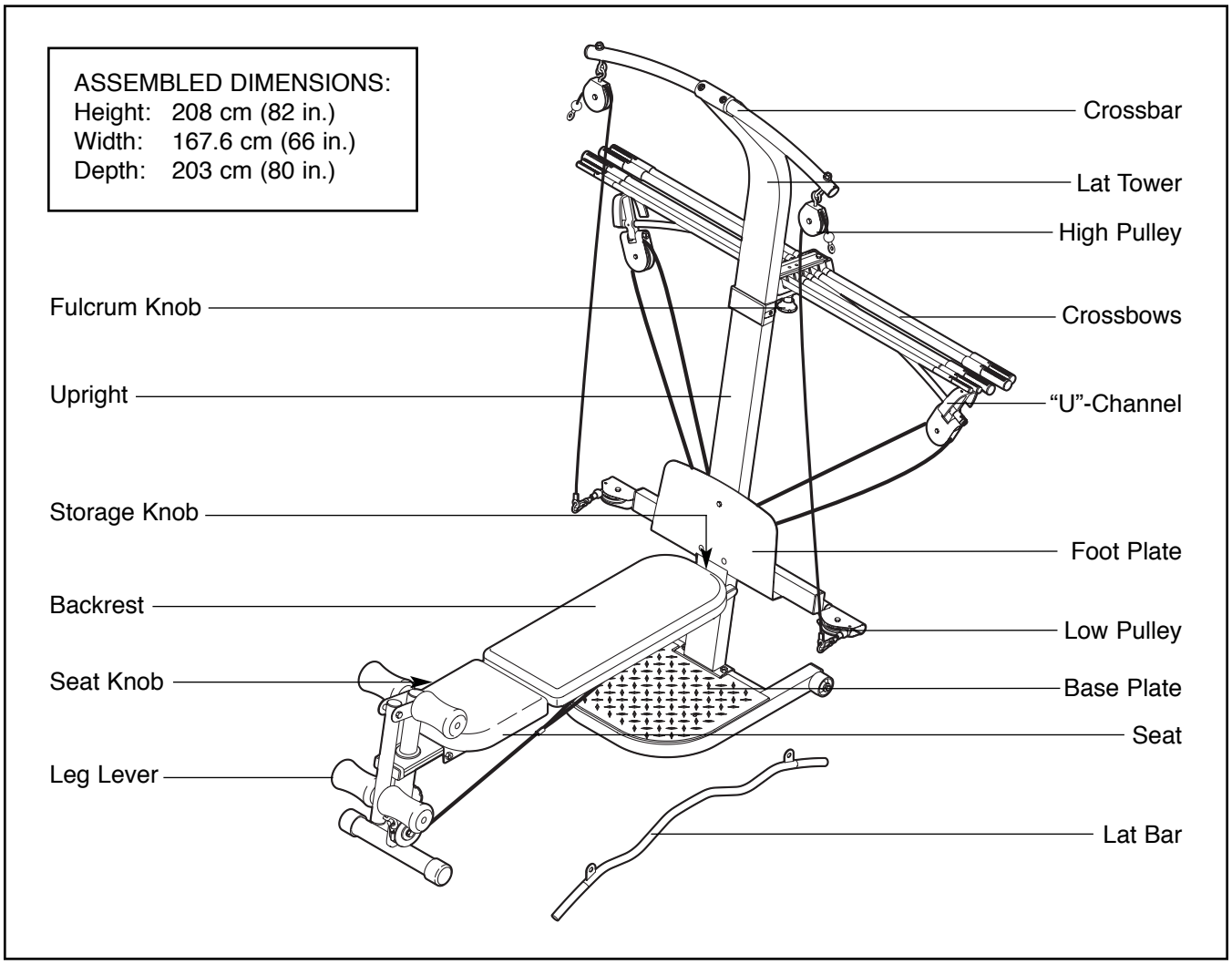
⚠WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

Thank you for selecting the innovative CrossBow by WEIDER™ ADVANTAGE resistance system. The resistance system offers a selection of stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the resistance system will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the resistance system. If you have additional questions, please call our toll-free customer service department at **1-888-936-4266**, Monday through Friday 8h00 until 18h30 eastern time (excluding holidays. To help us assist you, please note the product model number and serial number before calling. The model number is WECCSY53931. The serial number can be found on a decal attached to the resistance system (see the front cover of this manual for the location of the decal).

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



ASSEMBLY

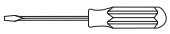
Make Things Easier for Yourself

This manual is designed to ensure that the resistance system can be assembled successfully by most people. However, it is important to realize that the versatile resistance system has many parts and that the assembly process will take time. Most people find that by setting aside plenty of time, assembly will go smoothly.

Before beginning assembly, carefully read the following information and instructions:

- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- **For help identifying small parts, use the PART IDENTIFICATION CHART.** Note: Some small parts may have been pre-attached for shipping. If a part is not in the parts bag, check to see if it has been pre-attached.
- Tighten all parts as you assemble them, unless instructed to do otherwise.
- As you assemble the resistance system, make sure all parts are oriented as shown in the drawings.

The included Allen wrenches **and the following tools (not included) are required for assembly:**

- **Two adjustable wrenches**
- **One rubber mallet**
- **One standard screwdriver** 
- **One Phillips screwdriver**
- **Lubricant, such as grease or petroleum jelly, and soapy water.**

Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

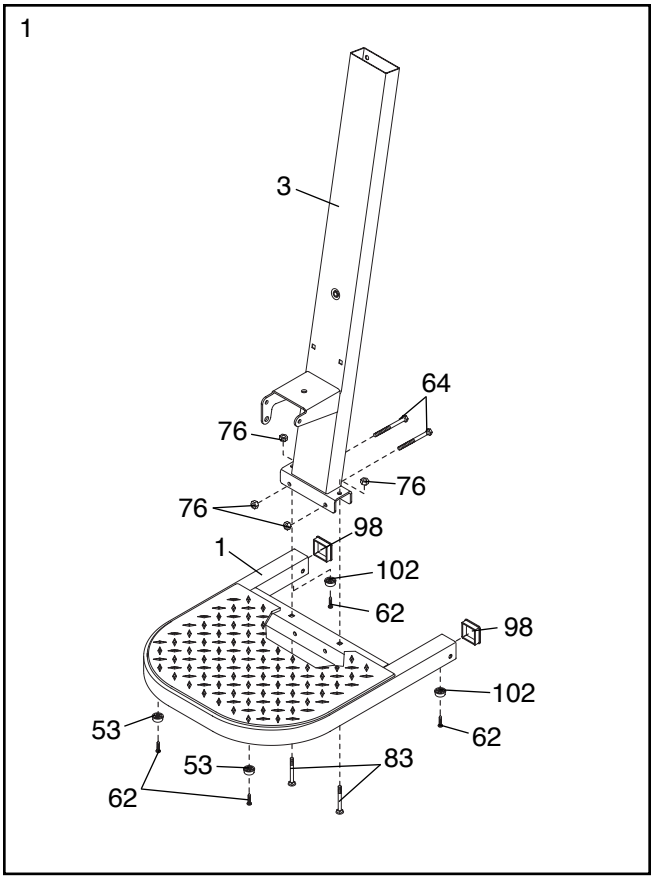
1.

Before beginning assembly, make sure that you have read and understand the information in the box above.

Press two 50mm Square Inner Caps (98) into the Base (1).

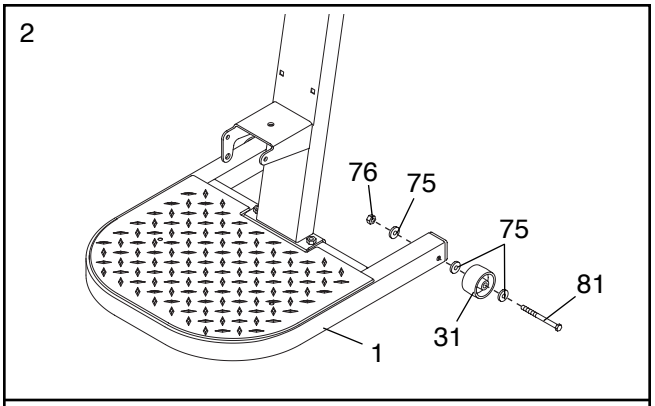
Attach two Plastic Feet (53) and two Large Plastic Feet (102) to the Base (1) with four M4 x 16mm Screws (62).

Attach the Upright (3) to the Base (1) with two M10 x 66mm Carriage Bolts (83), two M10 x 72mm Bolts (64), and four M10 Nylon Locknuts (76) as shown. **Note: This step will be easier to complete if the Upright and Base are tipped on their sides.**



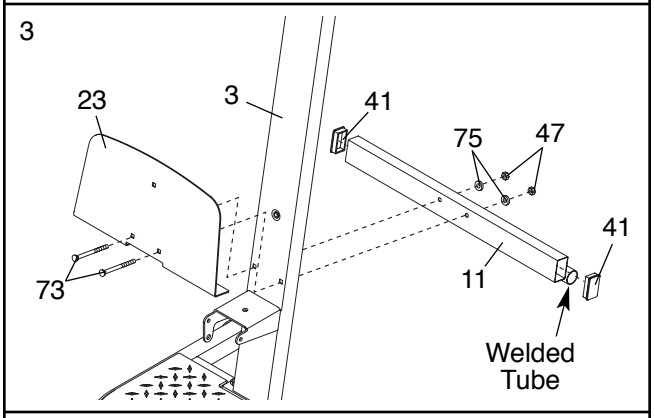
2. Attach a Wheel (31) to the outside of the Base (1) with an M10 x 108mm Bolt (81), three M10 Washers (75), and an M10 Nylon Locknut (76). **Do not overtighten the Nylon Locknut; the Wheel must be able to turn easily.**

   Attach the other Wheel (not shown) in the same manner.



3. Press a 38mm x 64mm Inner Cap (41) into each end of the Cross Tube (11).

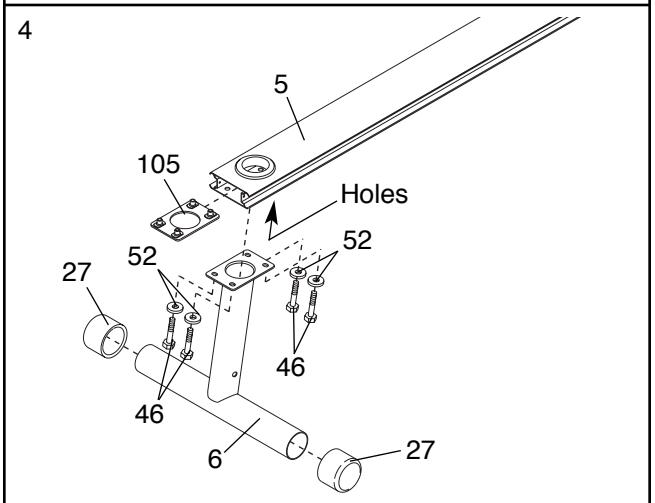
   Orient the Cross Tube (11) as shown, with the welded tubes at the bottom. Attach the Foot Plate (23) and the Cross Tube to the Upright (3) with two M10 x 140mm Carriage Bolts (73), two M10 Washers (75), and two M10 Nuts (47). **Do not insert a bolt into the top hole in the Foot Plate yet.**



4. Press two 57mm Round Outer Caps (27) onto the ends of the Front Leg (6).

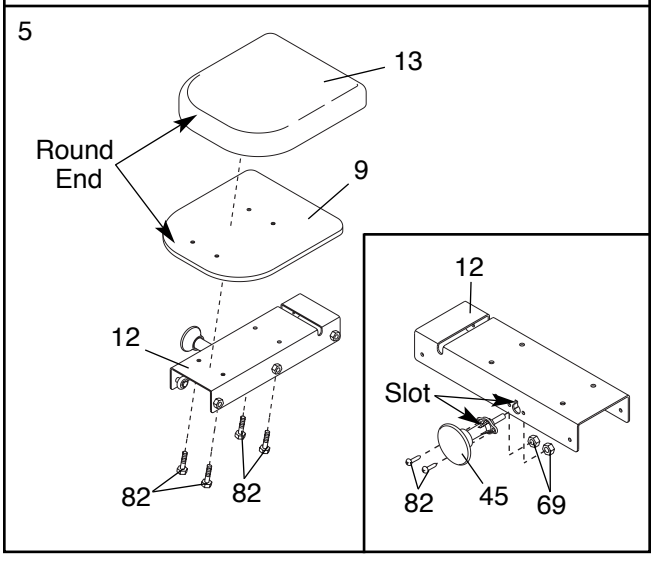
   Orient the Bench Rail (5) as shown. Slide the Rail Bracket (105) into the indicated end of the Bench Rail, and align the holes in the Bracket with the holes in the Bench Rail.

   Orient the Front Leg (6) as shown. Attach the Front Leg to the Bench Rail (5) with the Rail Bracket (105), four M8 x 25mm Button Screws (46), and four M8 Split Washers (52).



5. **See the inset drawing.** Snap the Seat Knob (45) into the Seat Carriage (12) and attach it with two M6 x 16mm Screws (82) and two M6 Black Nylon Locknuts (69). **Make sure the slot in the Knob is aligned with the slot in the Seat Carriage.**

   Orient the Seat (13) and Seat Backing (9) as shown. Attach the Seat and Seat Backing to the Seat Carriage (12) with four M6 x 16mm Screws (82).



6. Pull the Seat Knob (45, not shown) out as far as it will go, and slide the Seat Carriage (12) onto the Bench Rail (5). Engage the Seat Knob into the third hole from the end of the Bench Rail.

   See the inset drawing. Attach a Hook (104) to the bottom of the Bench Rail (5).

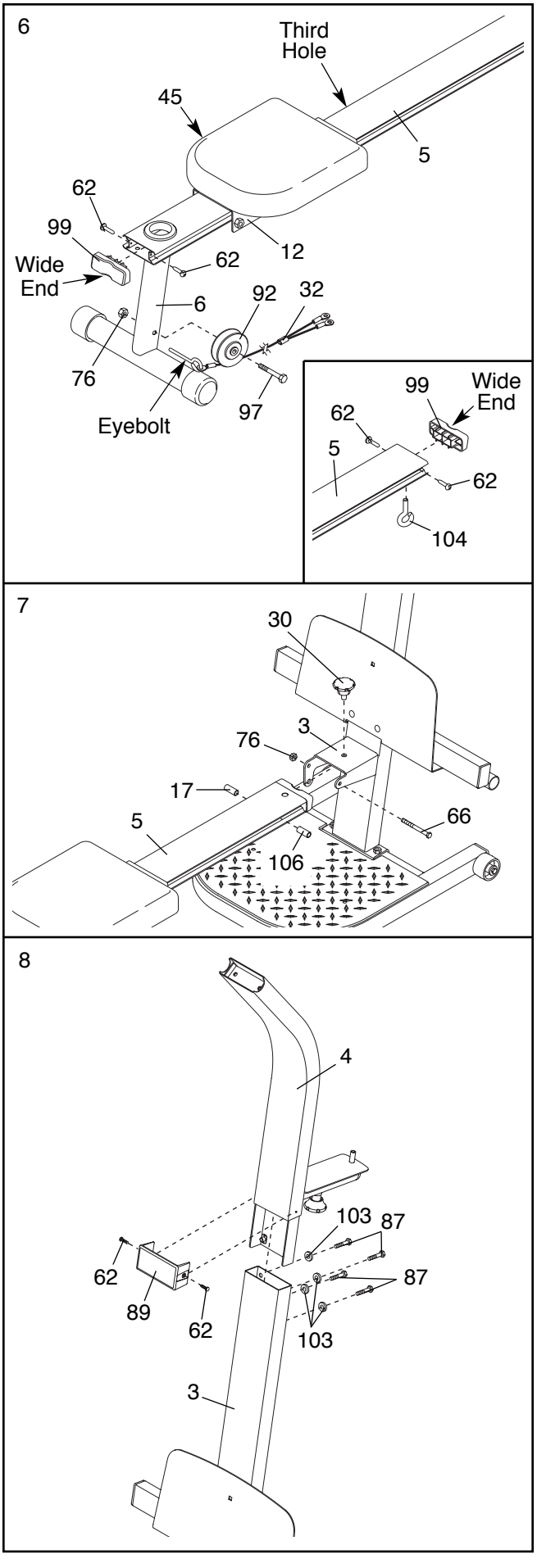
   Press the two Rail Inner Caps (99), with the wide ends on the top or bottom (as indicated), into the ends of the Bench Rail (5). Attach the Caps with four M4 x 16mm Screws (62).

   Locate the Leg Lever Cable (32), which has three ends connected in the middle with a bracket. Route the end of the Cable with the eyebolt under a "V"-pulley (92). Attach the Pulley to the Front Leg (6) with an M10 x 107mm Bolt (97) and an M10 Nylon Locknut (76). **Slide the other two ends of the Cable onto the Hook (104).**

7. Attach the Bench Rail (5) to the Upright (3) with an M10 x 132mm Bolt (66), a 19mm Spacer (17), a 22mm Spacer (106), and an M10 Nylon Locknut (76). Fully tighten the Storage Knob (30) into the Upright and Rail.

8. Attach the Lat Tower (4) to the Upright (3) with four M10 x 25mm Button Head Screws (87) and four M10 Split Washers (103).

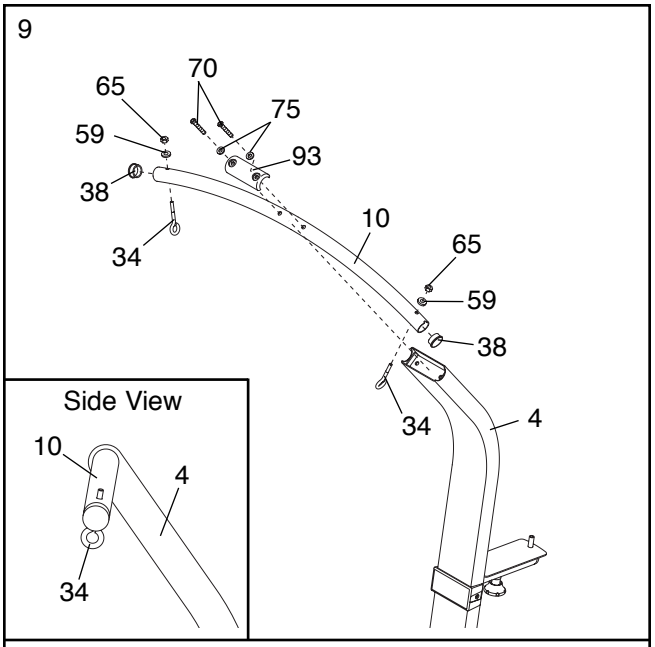
   Attach the Name Plate (89) to the Lat Tower (4) with two M4 x 16mm Screws (62).



9. Press two 38mm Round Inner Caps (38) into the ends of the Lat Tower Crossbar (10).

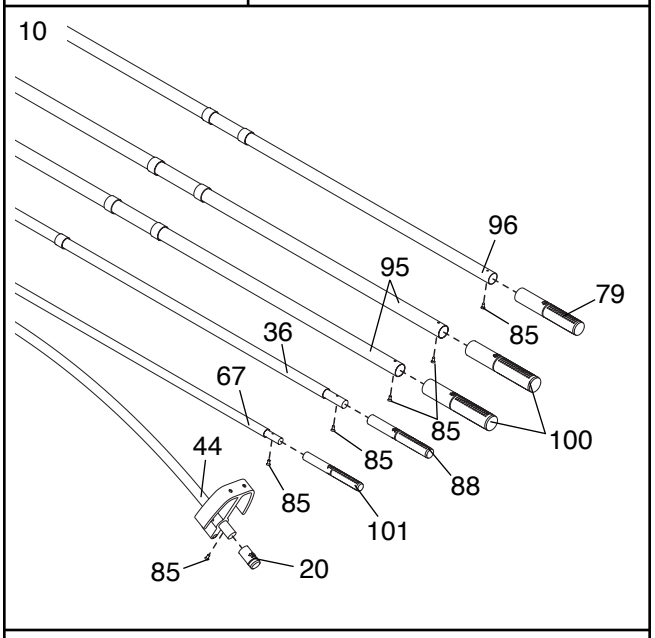
   Attach two Eyebolts (34) to the Lat Tower Crossbar (10) with two M8 Washers (59) and two M8 Nylon Locknuts (65). **Do not overtighten the Locknuts; the Eyebolts must be able to rotate freely**.

   Attach the Lat Tower Crossbar (10) to the Lat Tower (4) with two M10 x 65mm Button Head Screws (70), two M10 Washers (75), and the Crossbar Cover (93). **Be sure that the Eyebolts (34) are oriented as shown in the inset drawing. If they are not, turn the Lat Tower Crossbar around and reattach it.**



10. Attach the two 10-pound Short Crossbow Caps (20) to the 10-pound Center Crossbow (44) with two M4 x 12mm Flat Head Screws (85).

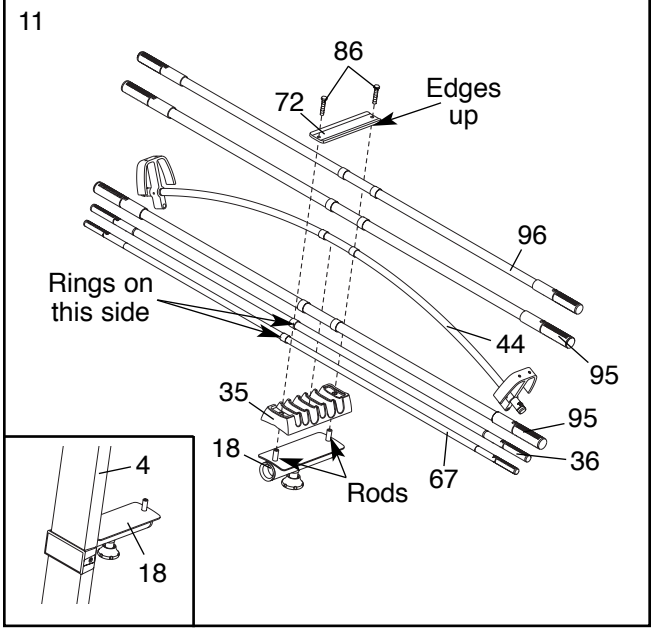
    Using ten M4 x 12mm Flat Head Screws (85), attach the two 10-pound Crossbow Caps (101) to the 10-pound Removable Crossbow (67), the two 20-pound Crossbow Caps (88) to the 20-pound Removable Crossbow (36), the four 80-pound Crossbow Caps (100) to the two 80-pound Crossbows (95), and the two 40-pound Crossbow Caps (79) to the 40-pound Crossbow (96).



11. Locate the Crossbow Fulcrum (18) on the Lat Tower (4) (see the inset drawing). Slide the Crossbow Spacer (35) onto the rods on the Crossbow Fulcrum. **Make sure the Spacer is oriented as shown in the drawing.**

    Set the Crossbows into the Crossbow Spacer (35) in the following order: the 10-pound Removable Crossbow (67), the 20-pound Removable Crossbow (36), an 80-pound Crossbow (95), the 10-pound Center Crossbow (44), an 80-pound Crossbow (95), and the 40-pound Crossbow (96). **Make sure the indicated rings are on the side shown and the arrows point toward the Spacer.**

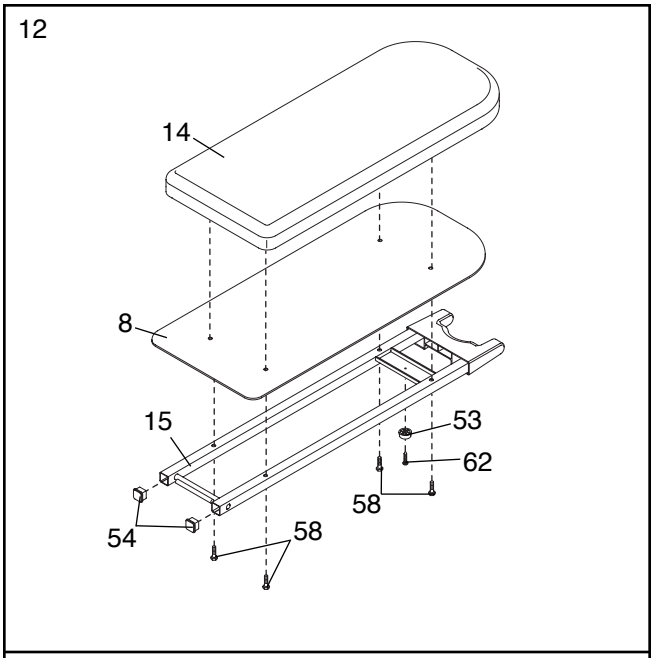
    Attach the Crossbow Cover Plate (72), with the edges up, to the Crossbow Spacer (35) with two M8 x 19mm Button Head Screws (86).



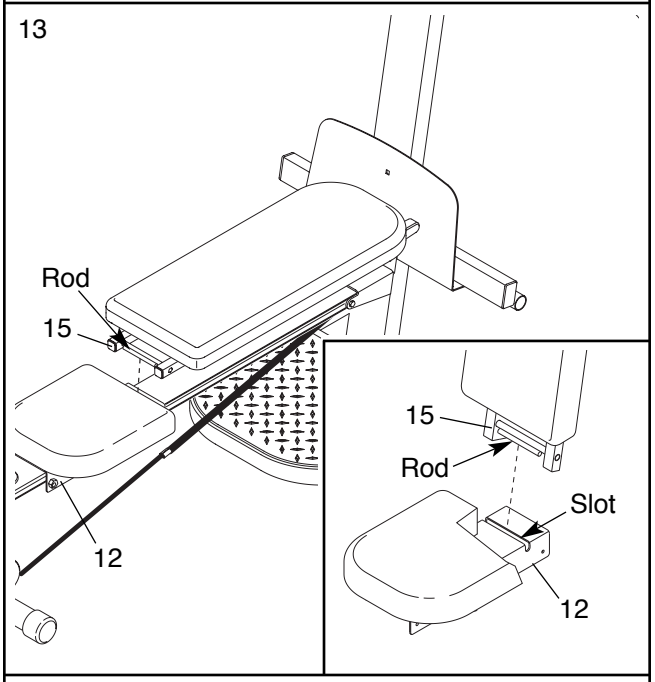
12. Press two 25mm Square Inner Caps (54) into the indicated end of the Backrest Frame (15).

    Attach a Plastic Foot (53) to the Backrest Frame (15) with an M4 x 16mm Screw (62).

    Orient the Backrest (14) and the Backrest Backing (8) as shown. Attach the Backrest and the Backrest Backing to the Backrest Frame (15) with four M6 x 45mm Screws (58).



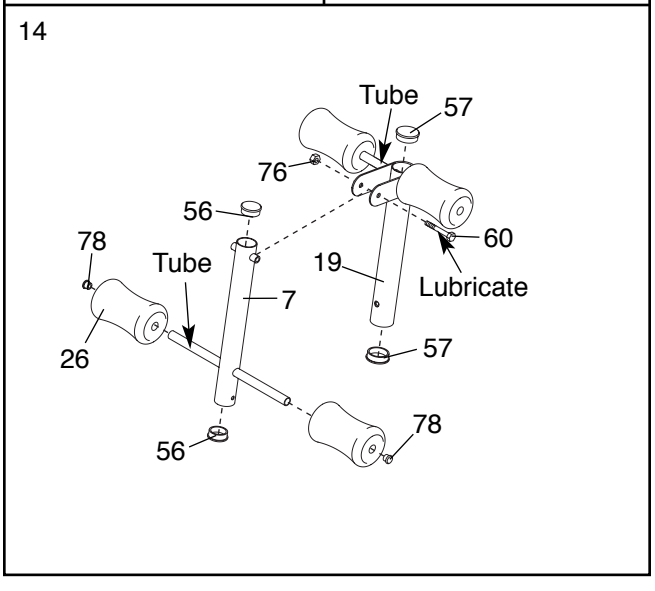
13. Insert the rod on the Backrest Frame (15) into the slot in the Seat Carriage (12). **Hold the Backrest Frame vertically over the Seat Carriage and slide the rod into the slot, as shown in the inset drawing.**



14. Press two 50mm Round Inner Caps (57) into the top and bottom of the Leg Developer (19). Press two 45mm Round Inner Caps (56) into the top and bottom of the Leg Lever (7).

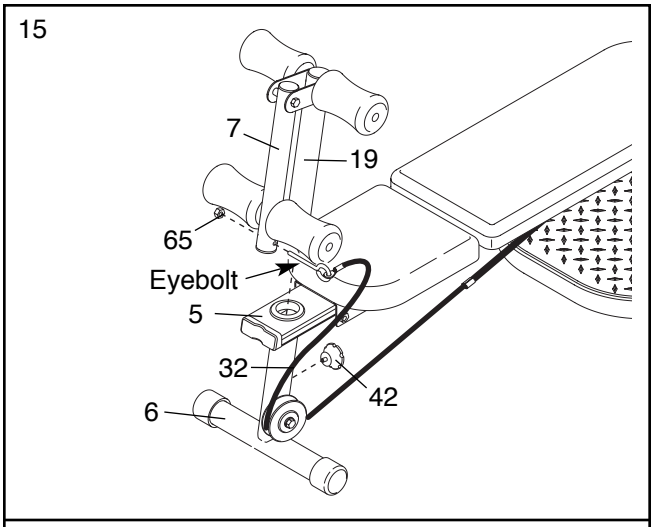
    Lubricate an M10 x 69mm Bolt (60) with grease. Attach the Leg Lever (7) to the Leg Developer (19) with the Bolt and an M10 Nylon Locknut (76). **Do not overtighten the Locknut; the Leg Lever must be able to pivot easily.**

    Press two 19mm Round Inner Caps (78) into the tube on the Leg Lever (7). Slide two Foam Pads (26) onto the tubes. **Repeat with the tube on the Leg Developer (19).**



15. Slide the Leg Developer (19) into the Bench Rail (5). Align the hole in the Leg Developer with a hole in the Front Leg (6). Tighten the Bench Knob (42) into the hole in the Leg Developer.

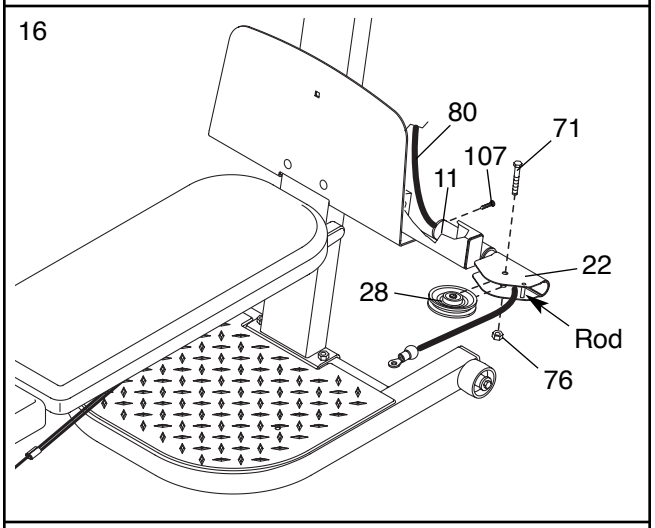
    Connect the eyebolt on the Leg Lever Cable (32) to the indicated side of the Leg Lever (7) with an M8 Nylon Locknut (65).



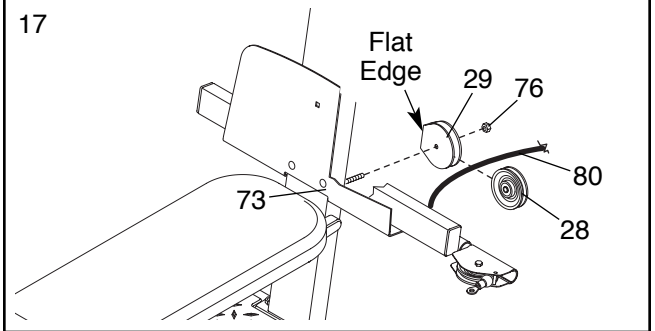
16. **Locate the Long Cable (80).** Insert one end of the Cable through the welded tube on the indicated end of the Cross Tube (11) and then through a Swivel Arm (22). If necessary, use the tip of a screwdriver to pull the end of the Cable out of the Swivel Arm. **Make sure the Cable is on the indicated side of the welded rod in the Swivel Arm.**

    Insert the Swivel Arm (22) into the welded tube on the Cross Tube (11). Secure the Swivel Arm with an M4 x 5mm Screw (107).

    Wrap the Long Cable (80) around a 90mm Pulley (28). Attach the Pulley inside of the Swivel Arm (22) with an M10 x 42mm Button Head Bolt (71) and an M10 Nylon Locknut (76).

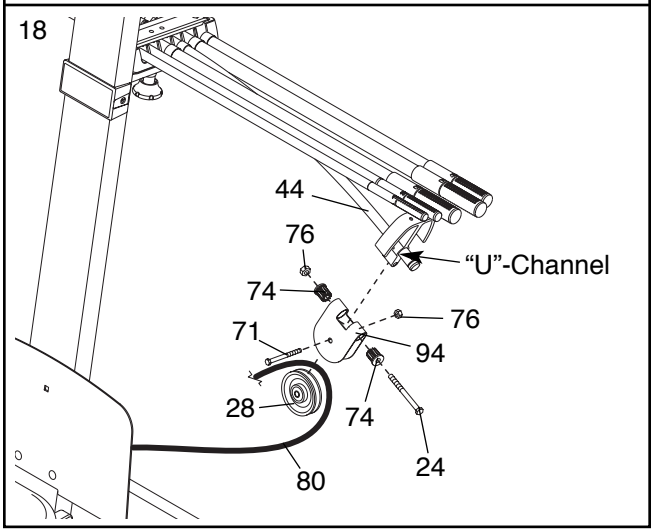


17. Wrap the Long Cable (80) around a 90mm Pulley (28). Attach the Pulley and a Pulley Guard (29) to the indicated M10 x 140mm Carriage Bolt (73) with an M10 Nylon Locknut (76). **Make sure the flat edge of the Pulley Guard is on the side shown.**

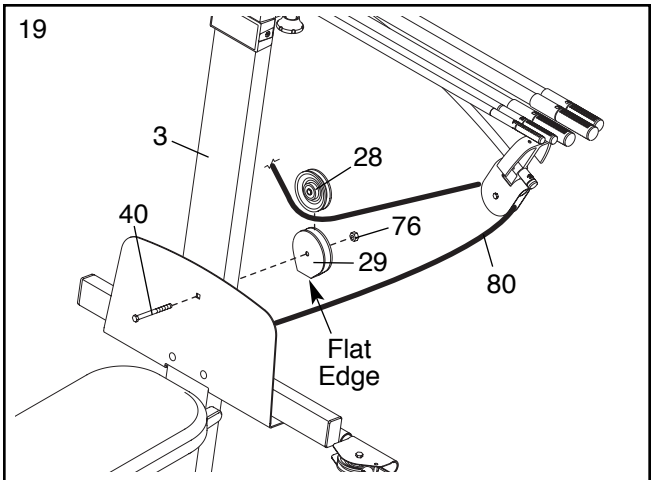


18. Attach a Pulley Housing (94) to the indicated "U"-channel on the 10-pound Center Crossbow (44) with an M10 x 102mm Button Head Bolt (24), two Pivot Bushings (74), and an M10 Nylon Locknut (76).

    Wrap the Long Cable (80) around a 90mm Pulley (28). Attach the Pulley inside of the Pulley Housing (94) with an M10 x 42mm Button Head Bolt (71) and an M10 Nylon Locknut (76).

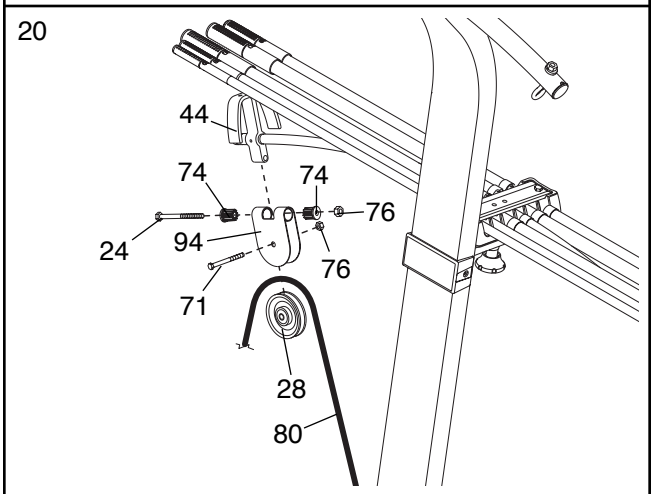


19. Wrap the Long Cable (80) under a 90mm Pulley (28) as shown. Attach the Pulley and a Pulley Guard (29) to the Upright (3) with an M10 x 113mm Button Head Bolt (40) and an M10 Nylon Locknut (76). **Make sure the flat edge of the Pulley Guard is on the bottom.**

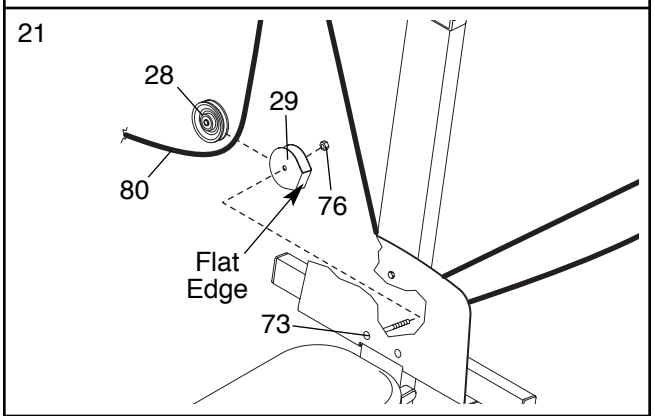


20. Attach a Pulley Housing (94) to the indicated "U"-channel on the 10-pound Center Crossbow (44) with an M10 x 102mm Bolt (24), two Pivot Bushings (74), and an M10 Nylon Locknut (76).

    Wrap the Long Cable (80) around a 90mm Pulley (28). Attach the Pulley inside of the Pulley Housing (94) with an M10 x 42mm Button Head Bolt (71) and an M10 Nylon Locknut (76).



21. Wrap the Long Cable (80) around a 90mm Pulley (28). Attach the Pulley and a Pulley Guard (29) to the indicated M10 x 140mm Carriage Bolt (73) with an M10 Nylon Locknut (76). **Make sure the flat edge of the Pulley Guard is on the side shown.**

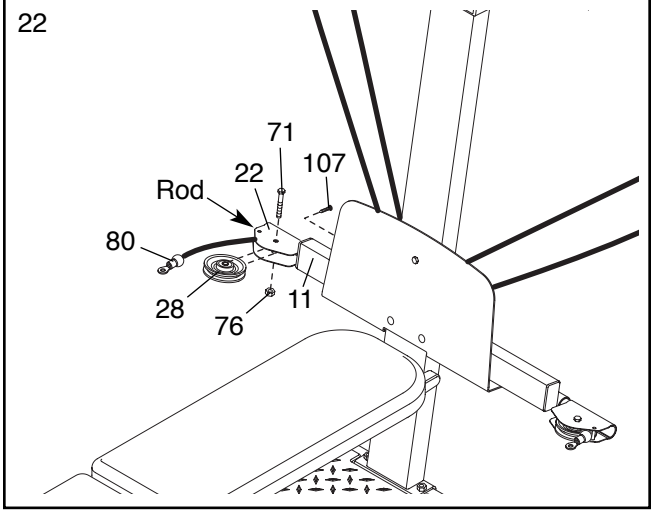


22. Make sure there are no Crossbows (not shown) under the "U"-channels on the 10-pound Center Crossbow (not shown). Have a second person pull on the Long Cable (80) to create slack in the Cable.

    Insert the end of the Long Cable (80) through the welded tube on the indicated end of the Cross Tube (11) and then through the remaining Swivel Arm (22). **Make sure the Cable is on the indicated side of the welded rod in the Swivel Arm.**

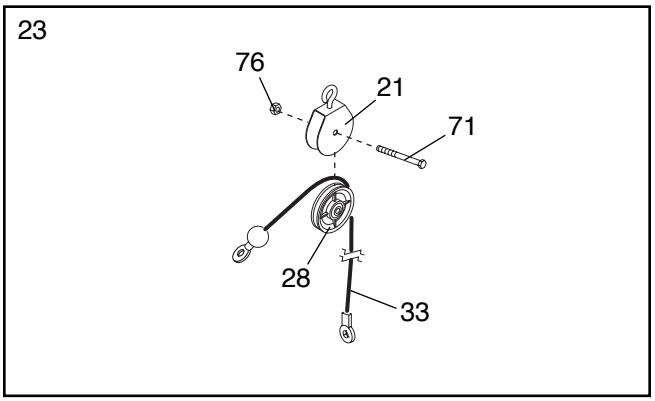
    Insert the Swivel Arm (22) into the welded tube on the Cross Tube (11). Secure the Swivel Arm with an M4 x 5mm Screw (107).

    Wrap the Long Cable (80) around a 90mm Pulley (28). Attach the Pulley inside of the Swivel Arm (22) with an M10 x 42mm Button Head Bolt (71) and an M10 Nylon Locknut (76).



23. **Locate the two Short Cables (33).** Wrap one of the Cables around a 90mm Pulley (28). Attach the Pulley to a High Pulley Housing (21) with an M10 x 42mm Button Head Bolt (71) and an M10 Nylon Locknut (76).

    Repeat this step with the other Short Cable (33).



24. Make sure that all parts have been properly tightened. The use of the remaining parts will be explained in ADJUSTMENTS, beginning on the following page.

    Before using the resistance system, pull the long cable a few times to be sure that it moves smoothly over the pulleys. If the cable does not move smoothly, find and correct the problem. **IMPORTANT: If the cables are not properly installed, they may be damaged when heavy resistance is used. See the CABLE DIAGRAM on page 16 for proper cable routing.**

ADJUSTMENTS

This section explains how to adjust the resistance system. See the EXERCISE GUIDELINES on page 17 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for each exercise.

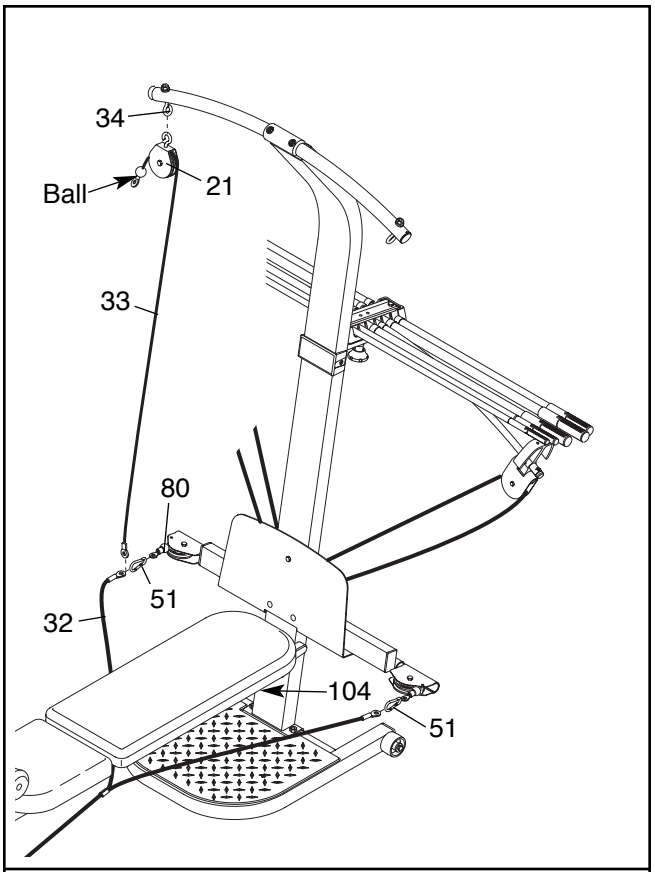
Make sure all parts are properly tightened each time you use the resistance system. Replace worn parts immediately. The resistance system can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents. The crossbows can be cleaned with a vinyl and rubber protectant, available at an automotive or department store.

ATTACHING THE HIGH PULLEYS AND LEG LEVER

To use a high pulley, slide the hook on the High Pulley Housing (21) onto an Eyebolt (34). Attach the end of the Short Cable (33) without the ball to the end of the Long Cable (80) with a Cable Clip (51). **Attach the other high pulley in the same manner.**

To use the Leg Lever (not shown), attach the two ends of the Leg Lever Cable (32) to the ends of the Long Cable (80) with two Cable Clips (51).

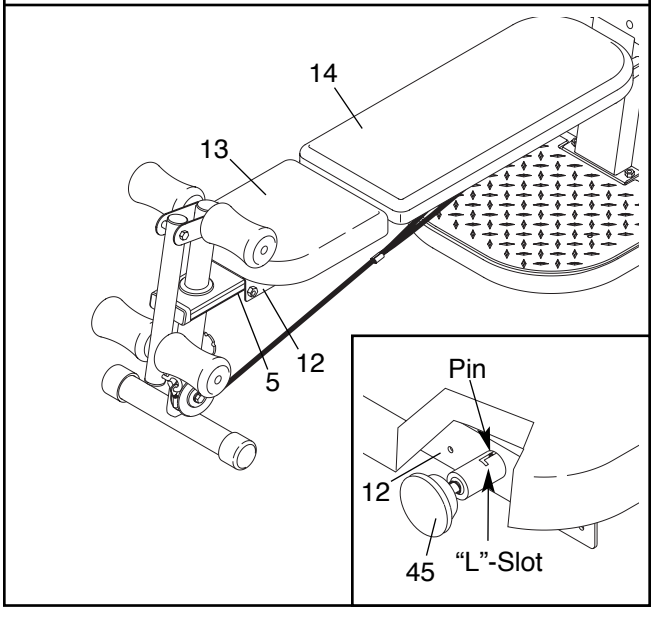
Remove the high pulleys, and detach the Leg Lever Cable (32), when not in use. Store the ends of the Leg Lever Cable on the Hook (104) under the Bench Rail (not shown).



ADJUSTING THE SEAT

The Seat (13) can be secured in any of five positions on the Bench Rail (5). To move the Seat, pull the Seat Knob (45) out as far as it will go, and slide the Seat to the desired position. Engage the Seat Knob into an adjustment hole in the Bench Rail.

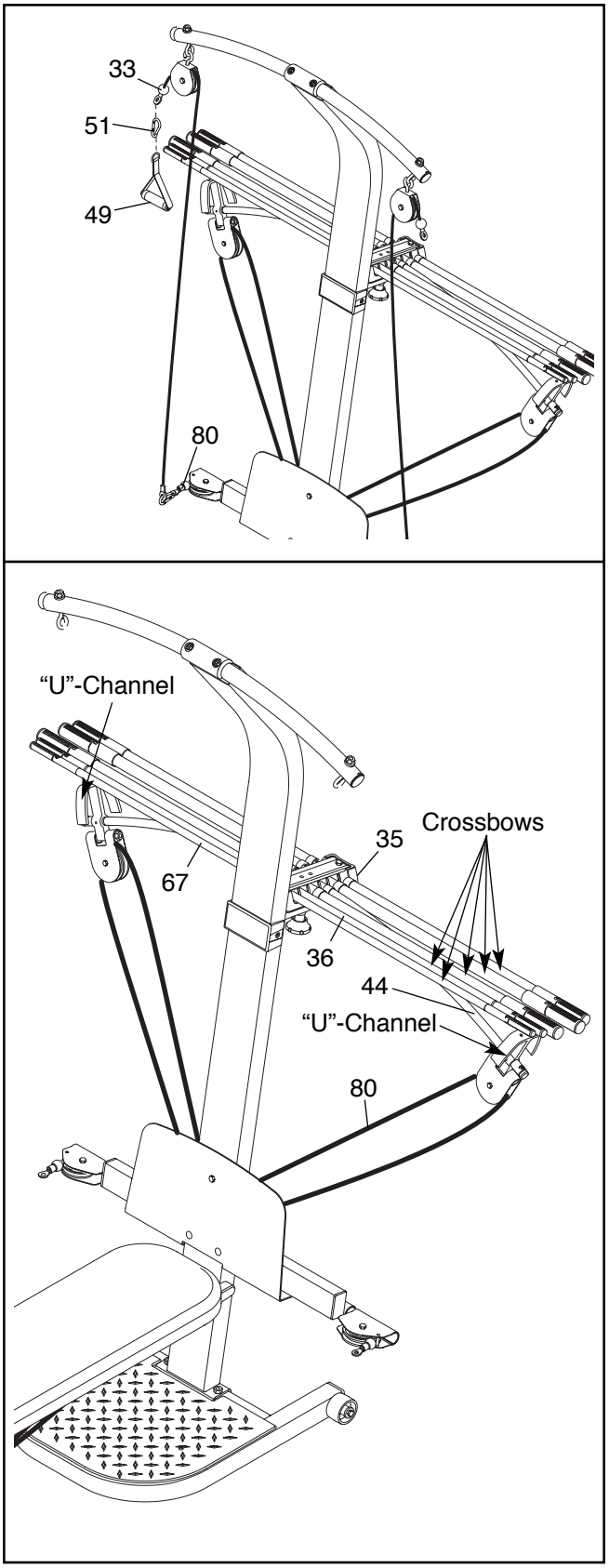
To perform row exercises, the leg press strap must be attached to the long cable (see ATTACHING THE ACCESSORIES, on page 14), and the Seat Carriage (12) must be able to roll along the Bench Rail (5). First, remove the Backrest (14) from the Seat Carriage (see ADJUSTING THE BACKREST on page 15). Then, pull the Seat Knob (45) out as far as it will go, and turn the Knob so that the pin rests at the end of the "L"-shaped slot (see the inset drawing).



ATTACHING THE ACCESSORIES

To attach a Short Handle (49) to a high pulley, first attach the high pulley to the resistance system (see ATTACHING THE HIGH PULLEYS AND LEG LEVER on page 13). Then, attach the Short Handle to the Short Cable (33) with a Cable Clip (51).

The Long Handles (not shown) and the Ankle Strap (not shown) can be attached to the Long Cable (80) with Cable Clips (51). Attach the Leg Press Strap (not shown) to both ends of the Long Cable, or the Lat Bar (not shown) to the Short Cables (33), with two Cable Clips.



ADJUSTING THE RESISTANCE

To add resistance, hold a "U"-channel on the 10-pound Center Crossbow (44) firmly and push the end of a crossbow under it. Repeat with the other end of the crossbow. If more resistance is needed, add one crossbow at a time.

Note: When adding resistance, always start with the heaviest crossbow to be used, and finish with the lightest crossbow. When removing crossbows from the "U"-channels, start with the lightest crossbow and finish with the heaviest.

⚠WARNING: When adding resistance, make sure that both ends of the crossbow rest under the two "U"-channels. The rings on the Removable Crossbows (36, 67) must be pushed against the Crossbow Spacer (35). Do not add or remove crossbows from the "U"-channels while an end of the Long Cable (80) is pulled out.

Note: The CrossBow by WEIDER™ ADVANTAGE uses progressive resistance. As the crossbows begin to bend, the amount of resistance will increase gradually. As the crossbows bend further, the resistance will increase rapidly.

Additional resistance can be added to the resistance system. To purchase more resistance, call our Customer Service Department toll-free at 1-888-936-4266 and asking for model number **WECCMC06420** (100-Pound Power Pak) or **WECCMC09420** (200-Pound Power Pak).

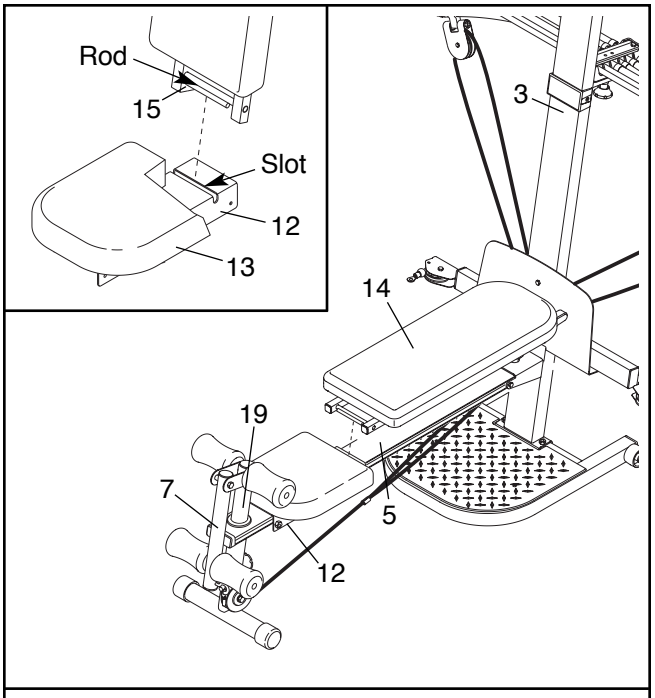
Note: 1 pound= 0.454 kilograms.

ADJUSTING THE BACKREST

The Backrest (14) can be used in a level position or one of three inclined positions. To use the Backrest in a level position, secure the Seat Carriage (12) at the hole in the Bench Rail (5) closest to the Leg Developer (19) (see ADJUSTING THE SEAT on page 13).

To use the Backrest (14) in an inclined position, secure the Seat Frame (12) at one of the three adjustment holes on the Upright (3) side of the Bench Rail (5). Rest the Backrest against the Upright (3).

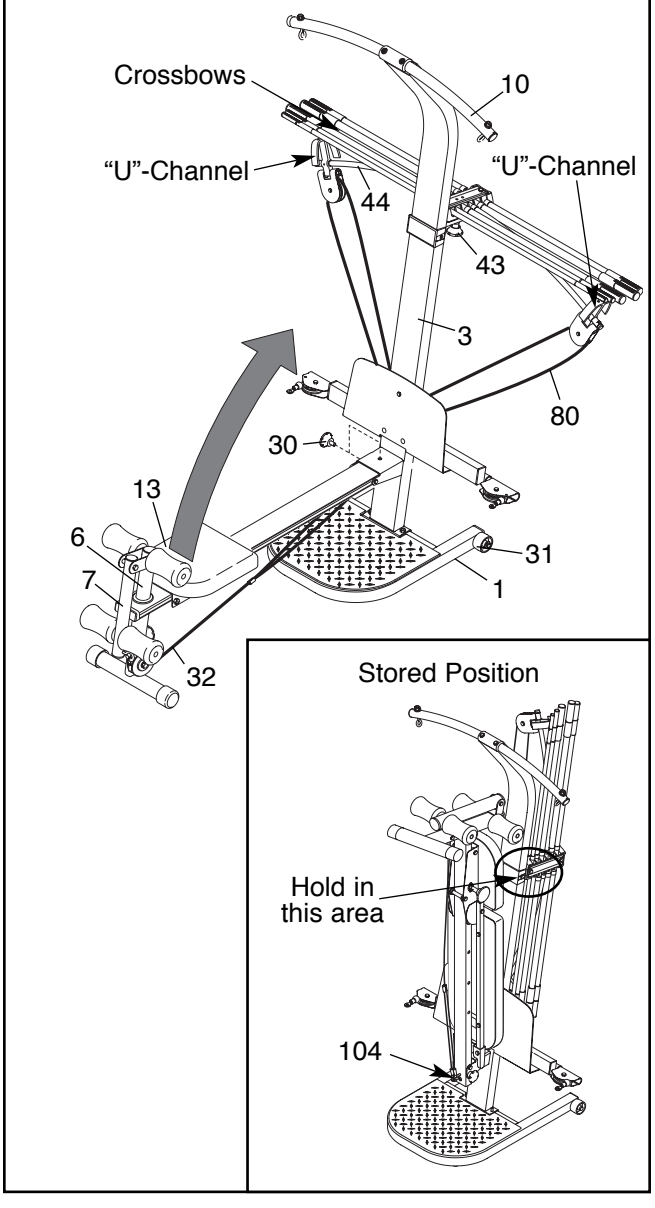
For row exercises and for using the Leg Lever (7), remove the Backrest (14) from the Seat Carriage (12). Hold the Backrest vertically over the Seat (13) and lift the rod out of the slot in the Seat Carriage (see the inset drawing). To use the Leg Lever (7), secure the Seat Carriage (12) at the second hole from the Leg Developer.



STORING THE RESISTANCE SYSTEM

To store the resistance system, slide the ends of the Leg Lever Cable (32) onto the Hook (104). Be sure the Seat (13) is in the position closest to the Front Leg (6) (see ADJUSTING THE SEAT on page 13). Next, remove the Storage Knob (30) from the Upright (3). Lift the Front Leg toward the Lat Tower Crossbar (10), and tighten the Storage Knob into the side of the Upright and the Bench Rail. Remove all of the crossbows from the "U"-channels on the 10-pound Center Crossbow (44) (see ADJUSTING THE RESISTANCE on page 14). Finally, loosen the Fulcrum Knob (43) and pull it out as far as it will go. Turn the crossbow assembly vertically and engage the Fulcrum Knob into the fulcrum on the Lat Tower (4). **Note: Storing the crossbows vertically will prolong the life of the crossbows.**

To move the resistance system, place the toe of your shoe on the end of the Base (1) and hold the resistance system in the indicated area. Tilt the resistance system back onto the Wheels (31) and roll it to the new location. **Be careful not to let the Front Leg (6) or Leg Lever (7) pinch your hands when you tilt the system back.**



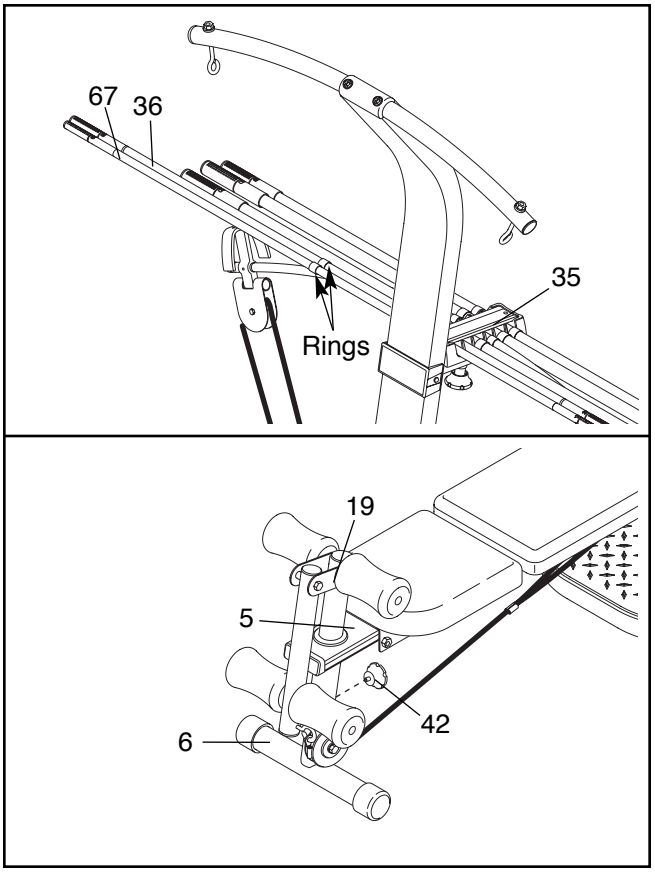
⚠ WARNING: Be sure that all of the crossbows are removed from the "U"-channels before moving the crossbow assembly to the stored position.

Make sure that the crossbow assembly is in the horizontal position and that the Storage Knob (30) is in place and fully tightened each time the resistance system is used.

USING THE REMOVABLE CROSSBOWS

The Removable Crossbows (36, 67) can be used to exercise apart from the resistance system, as shown in the video or on the exercise guide. To remove a Crossbow, pull it out of the Crossbow Spacer (35).

To replace the Removable Crossbows (36, 67), slide them into the Crossbow Spacer (35) from the side shown, so that the arrows on the rings point toward the Crossbow Spacer. **Make sure the rings are pushed against the Crossbow Spacer.**

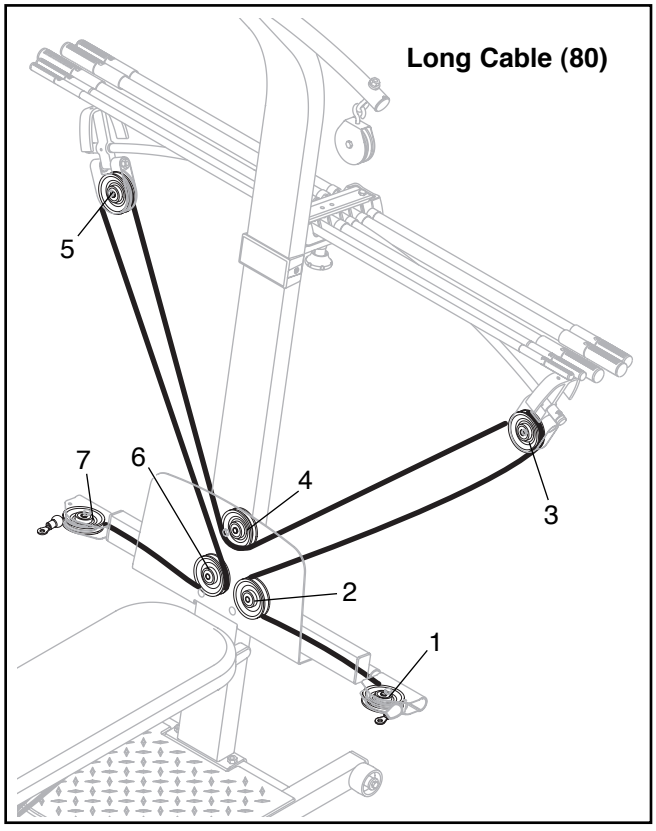


ADJUSTING THE LEG DEVELOPER

To adjust the height of the Leg Developer (19), remove the Bench Knob (42) from the Front Leg (6). Align the hole in the Leg Developer with one of the holes in the Front Leg. Retighten the Knob into the Front Leg and Leg Developer.

CABLE DIAGRAM

The cable diagram shows the proper routing of the Long Cable (80). Use the diagram to make sure that the cable has been assembled correctly. If the cable has not been correctly routed, the resistance system will not function properly and damage may occur. The numbers show the correct route for the cable.



EXERCISE GUIDELINES

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building
To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will continually adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:

- by changing the amount of resistance used
- by changing the number of repetitions or sets performed. (A "repetition" is one complete cycle of an exercise, such as one sit-up. A "set" is a series of repetitions.)

The proper amount of resistance for each exercise depends upon the individual user. You must gauge your limits and select the amount of resistance that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of resistance.

Toning
You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of resistance and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of resistance.

Weight Loss
To lose weight, use a low amount of resistance and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training
Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program is:

- Plan strength training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as running on a treadmill or riding on an elliptical or exercise bike, on Tuesday and Thursday.
- Rest from both strength training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of strength training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

PERSONALIZING YOUR EXERCISE PROGRAM

Determining the exact length of time for each workout, as well as the number of repetitions or sets completed, is an individual matter. It is important to avoid overdoing it during the first few months of your exercise program. You should progress at your own pace and be sensitive to your body's signals. If you experience pain or dizziness at any time while exercising, stop immediately and begin cooling down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasizing areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from session to session.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. Refer to the muscle chart on page 18 to find the names of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set. The ideal resting periods are:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

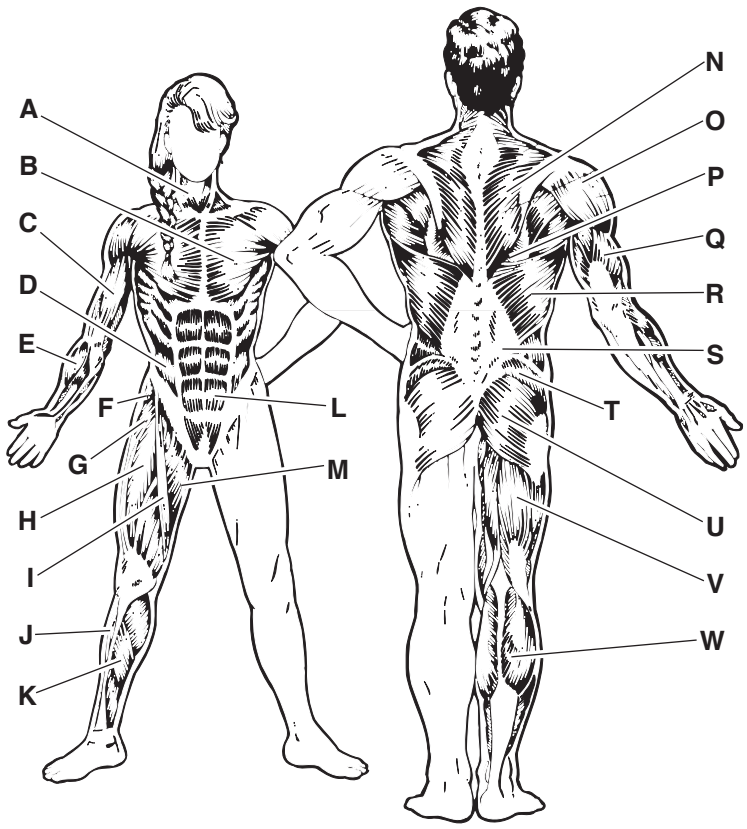
Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. The chart on page 19 of this manual can be photocopied and used to schedule and record your workouts. List the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.



MUSCLE CHART

A. Sternomastoid (neck)
B. Pectoralis Major (chest)
C. Biceps (front of arm)
D. Obliques (waist)
E. Brachioradials (forearm)
F. Hip Flexors (upper thigh)
G. Abductor (outer thigh)
H. Quadriceps (front of thigh)
I. Sartorius (front of thigh)
J. Tibialis Anterior (front of calf)
K. Soleus (front of calf)
L. Rectus Abdominus (stomach)
M. Adductor (inner thigh)
N. Trapezius (upper back)
O. Rhomboideus (upper back)
P. Deltoid (shoulder)
Q. Triceps (back of arm)
R. Latissimus Dorsi (mid back)
S. Spinae Erectors (lower back)
T. Gluteus Medius (hip)
U. Gluteus Maximus (buttocks)
V. Hamstring (back of leg)
W. Gastrocnemius (back of calf)

MONDAY
Date:
____/____/____

EXERCISE	RESISTANCE	SETS	REPS

TUESDAY
Date:
____/____/____

AEROBIC EXERCISE

WEDNESDAY
Date:
____/____/____

EXERCISE	RESISTANCE	SETS	REPS

THURSDAY
Date:
____/____/____

AEROBIC EXERCISE

FRIDAY
Date:
____/____/____

EXERCISE	RESISTANCE	SETS	REPS

Make photocopies of this page for scheduling and recording your workouts.

ORDERING REPLACEMENT PARTS

To order replacement parts, call toll-free 1-888-936-4266, Monday through Friday 8h00 until 18h30 Eastern Time (excluding holidays). When ordering parts, please be prepared to give the following information:

- The MODEL NUMBER of the product (WECCSY53931)
- The NAME of the product (CrossBow by WEIDER™ ADVANTAGE resistance system)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and EXPLODED DRAWING in the center of this manual)

LIMITED WARRANTY

ICON OF CANADA, INC., (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions. ICON warrants the resistance crossbows for the lifetime of the product. Shipping of the resistance crossbows is not covered. ICON warrants all other parts for one (1) year. Labor is covered for one (1) year. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature. Some provinces do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some provinces do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from province to province.

ICON OF CANADA, INC., 900 de l'Industrie, St. Jerôme, QC J7Y 4B8

Part No. 199310 R0603A

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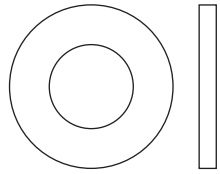
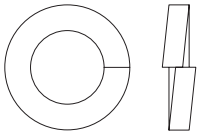
PART IDENTIFICATION CHART

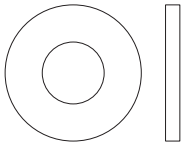
Refer to the drawings below to identify small parts used in assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST on the reverse side of this page. **Important: Some parts may have been pre-assembled for shipping purposes. If you cannot find a part in the parts bags, check to see if it has been pre-assembled. If a part is not in the parts bag, check to see if it has been pre-attached. If a part is missing, call toll-free 1-888-936-4266.**



M10 Washer (75)

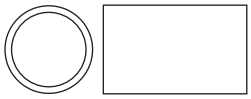


M10 Split Washer (103)

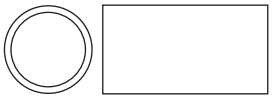


M8 Washer (59)

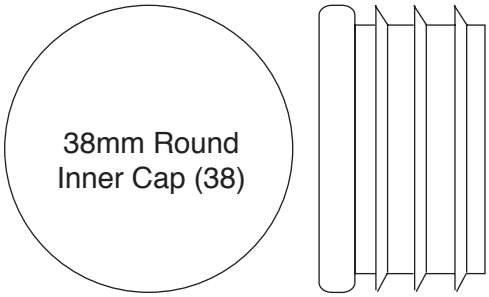
M8 Split Washer (52)



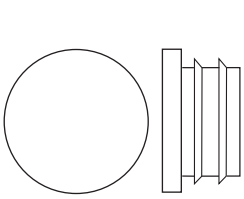
19mm Spacer (17)



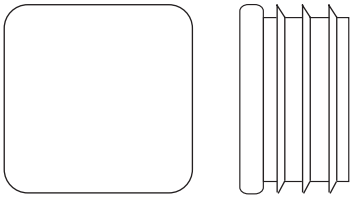
22mm Spacer (106)



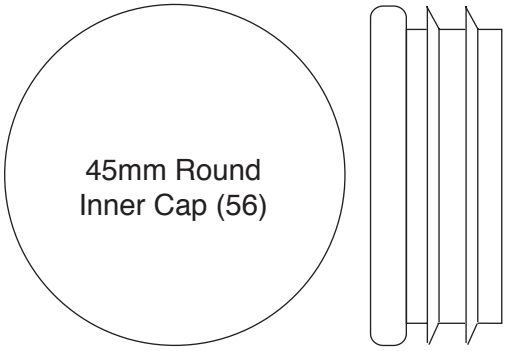
38mm Round Inner Cap (38)



19mm Round Inner Cap (78)

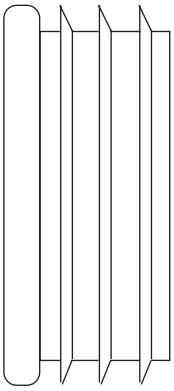


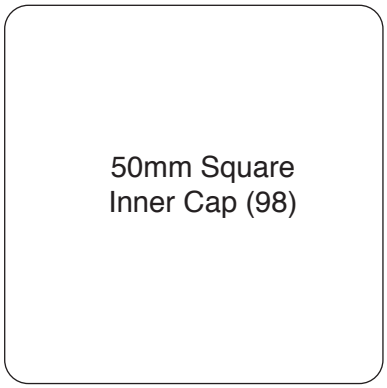
25mm Square Inner Cap (54)



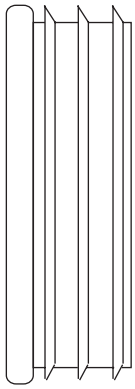
45mm Round Inner Cap (56)

50mm Round Inner Cap (57)

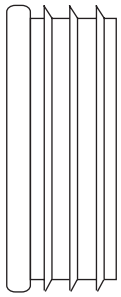




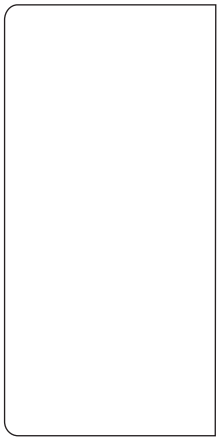
50mm Square Inner Cap (98)

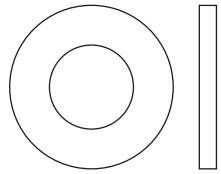


38mm x 64mm Inner Cap (41)

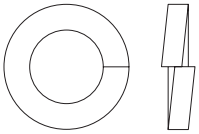


57mm Round Outer Cap (27)

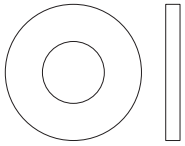




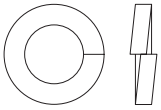
M10 Washer (75)



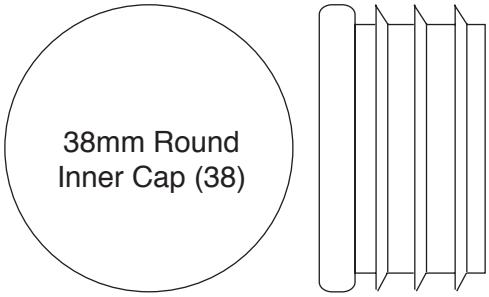
M10 Split Washer (103)



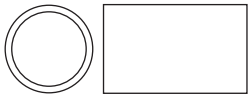
M8 Washer (59)



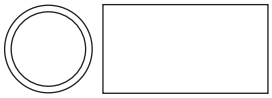
M8 Split Washer (52)



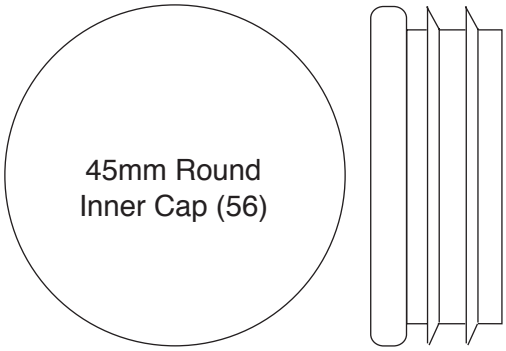
38mm Round
Inner Cap (38)



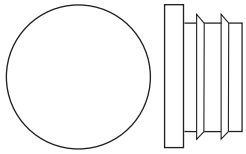
19mm Spacer (17)



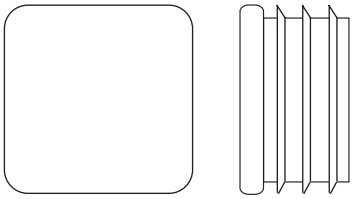
22mm Spacer (106)



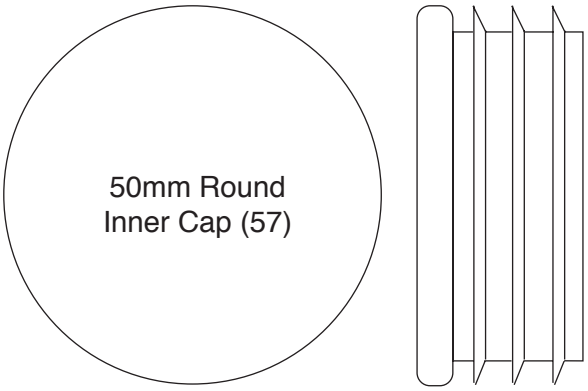
45mm Round
Inner Cap (56)



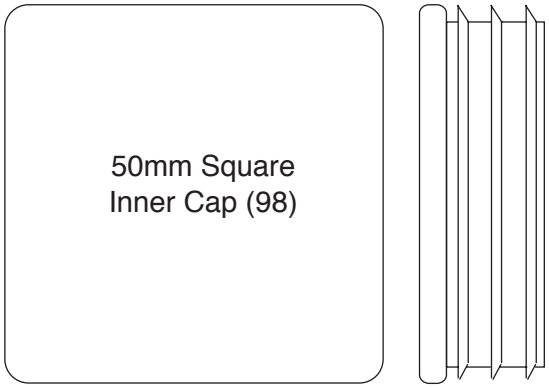
19mm Round Inner Cap (78)



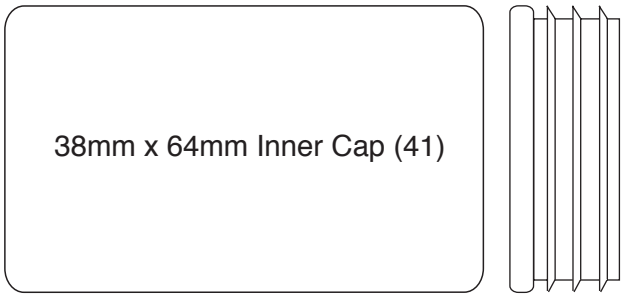
25mm Square Inner Cap (54)



50mm Round
Inner Cap (57)

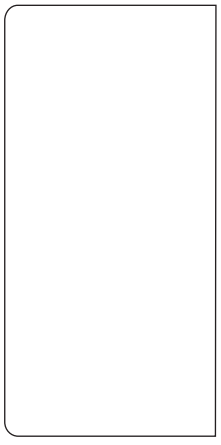


50mm Square
Inner Cap (98)



38mm x 64mm Inner Cap (41)

57mm Round Outer Cap (27)



PART LIST—Model No. WECCSY53931

R0603A

Key No.	Qty.	Description
1	1	Base
2	1	Base Plate
3	1	Upright
4	1	Lat Tower
5	1	Bench Rail
6	1	Front Leg
7	1	Leg Lever
8	1	Backrest Backing
9	1	Seat Backing
10	1	Lat Tower Crossbar
11	1	Cross Tube
12	1	Seat Carriage
13	1	Seat
14	1	Backrest
15	1	Backrest Frame
16	1	Backrest Cap
17	1	19mm Spacer
18	1	Crossbow Fulcrum
19	1	Leg Developer
20	2	10-pound Short Crossbow Cap
21	2	High Pulley Housing
22	2	Swivel Arm
23	1	Foot Plate
24	2	M10 x 102mm Button Head Bolt
25	4	Arm Bushing
26	4	Foam Pad
27	2	57mm Round Outer Cap
28	9	90mm Pulley
29	3	Pulley Guard
30	1	Storage Knob
31	2	Wheel
32	1	Leg Lever Cable
33	2	Short Cable
34	2	Eyebolt
35	1	Crossbow Spacer
36	1	20-pound Removable Crossbow
37	2	Fulcrum Bushing
38	2	38mm Round Inner Cap
39	1	Bench Rail Bracket
40	1	M10 x 113mm Button Head Bolt
41	2	38mm x 64mm Inner Cap
42	1	Bench Knob
43	1	Fulcrum Knob
44	1	10-pound Center Crossbow
45	1	Seat Knob
46	4	M8 x 25mm Button Head Screw
47	2	M10 Nut
48	1	Leg Press Strap
49	2	Short Handle
50	1	Ankle Strap
51	5	Cable Clip
52	4	M8 Split Washer
53	3	Plastic Foot
54	2	25mm Square Inner Cap
55	1	45mm Round Inner Bushing
56	2	45mm Round Inner Cap
57	2	50mm Round Inner Cap
58	4	M6 x 45mm Screw
59	2	M8 Washer
60	1	M10 x 69mm Bolt
61	6	Seat Wheel
62	15	M4 x 16mm Screw
63	6	M6 Zinc Nylon Locknut
64	2	M10 x 72mm Bolt
65	3	M8 Nylon Locknut
66	1	M10 x 132mm Bolt
67	1	10-pound Removable Crossbow
68	2	Long Handle
69	2	M6 Black Nylon Locknut
70	2	M10 x 65mm Button Head Screw
71	6	M10 x 42mm Button Head Bolt
72	1	Crossbow Cover Plate
73	2	M10 x 140mm Carriage Bolt
74	4	Pivot Bushing
75	10	M10 Washer
76	20	M10 Nylon Locknut
77	6	M6 Shoulder Bolt
78	4	19mm Round Inner Cap
79	2	40-pound Crossbow Cap
80	1	Long Cable
81	2	M10 x 108mm Bolt
82	12	M6 x 16mm Screw
83	2	M10 x 66mm Carriage Bolt
84	1	Fulcrum Endcap
85	12	M4 x 12mm Flat Head Screw
86	2	M8 x 19mm Button Head Screw
87	4	M10 x 25mm Button Head Screw
88	2	20-pound Crossbow Cap
89	1	Name Plate
90	6	11mm Spacer
91	1	Retainer Ring
92	1	“V”-pulley
93	1	Crossbar Cover
94	2	Pulley Housing
95	2	80-pound Crossbow
96	1	40-pound Crossbow
97	1	M10 x 107mm Bolt
98	2	50mm Square Inner Cap
99	2	Rail Inner Cap
100	4	80-pound Crossbow Cap
101	2	10-pound Crossbow Cap
102	2	Large Plastic Foot
103	4	M10 Split Washer
104	1	Hook
105	1	Rail Bracket
106	1	22mm Spacer
107	2	M4 x 5mm Screw
108	1	Storage Knob Bracket
109	1	Lat Bar
110	2	Handgrip
#	2	User’s Manual
#	2	Exercise Guide
#	1	Exercise Decal
#	1	Large Allen Wrench
#	1	Small Allen Wrench
#	1	Grease

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of the user’s manual for information about ordering replacement parts.

EXPLODED DRAWING—Model No. WECCSY53931

R0603A